

THE RELATIONSHIP BETWEEN BIG 5 PERSONALITY TRAITS AND LIFE SATISFACTION OF AMONG NCC WOMEN STUDENTS

A. Mary Jansi

Assistant Professor, Department of Physical Science,
Holly Cross College of Education, Tiruchirappalli - 20

Dr. S. Anbazhagan

Associate Professor, Department of Lifelong Learning
Bharathidasan University
Tiruchirappalli - 23

ABSTRACT

The study examines the relationship between the Big five personality traits of NCC female students and life satisfaction in Tiruchirappalli. This study consists of 208 female respondents, who had attended the Annual training camp in Tiruchirappalli. Findings revealed that the Big five personality traits explained about 30.1% of variance in life satisfaction. Among the Big Five traits, extraversion and neuroticism were found to be the strongest predictors of life satisfaction.

Key words: NCC women Students, Big Five Personality Traits and Life Satisfaction.

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1. INTRODUCTION

Within the past decade, researchers have increasingly turned their interest toward examining the relationship between personality variables and subjective well being. Many researchers conducted a meta-analysis that illuminated the sizeable amount of research conducted on the relationship between the two variables personality traits and well being. More specifically, researchers focused on two dimensions of subjective well being: affective and cognitive. The affective dimension includes both positive and negative affect, as well as the balance between them. The cognitive dimension of subjective well being particularly refers to life satisfaction.

Subjective well-being is usually operationalized as both a predominance of positive over negative affect and a global satisfaction with life. That is, if a person reports that her life is

satisfying, that she is experiencing frequent pleasant affect, that she is infrequently experiencing unpleasant affect, she is said to have high subjective well-being. Although each of the components of subjective well-being (life satisfaction, presence of positive affect, and absence of negative affect) reflects people's evaluation of what is happening in their lives, they show some degree of independence. In other words, the empirical evidence suggests that the three components of subjective wellbeing are distinct constructs (Lucas 1996).

2. THE FIVE FACTOR MODEL OF PERSONALITY – THEORETICAL FRAMEWORK

Personality can be divided into several different levels according to the degree of the human behavior that is displayed. Behaviors that are narrow can be found at the lowest level of the hierarchy, followed by increasingly broader characteristic behaviors at the next level. Accordingly, trait characteristics can be found at the third highest level. At the top of the hierarchy are the personality factors, or broad dimensions of behavior that are amalgamations of several of the lower level traits.

Through factor analytic investigations, many researchers have found that the factors in the top of the personality hierarchy fall into exactly five domains. These domains constitute the core of the Five Factor Model of personality (Paunonen, 2003) and are labeled Extraversion, Agreeableness, Conscientiousness, Neuroticism (or its inverse, Emotional Stability), and Openness to Experience. These factors, also more commonly known as the Big Five, have emerged as a unified framework for personality (De Raad, 2000) and are currently the most prominent model of normal. The Big Five model has been described as being robust, comprehensive, and generalizable across a broad spectrum of cultural and demographic populations.

2.1. Extraversion

Factor I of the Big Five, also known as Extraversion, includes personality traits with a specific focus on the quantity and intensity of interpersonal relationships, the energy level involved in these relationships, positive emotionality, and excitement seeking. Extraversion has also been described as the tendency to be sociable, outgoing, gregarious, warmhearted, congenial, and affiliative; attentive to and energized by other people and social/interpersonal cues. Persons who score low on Extraversion are usually referred to as introverts (e.g. they desire to spend most of their time alone), while individuals who score high on this construct are typically referred to as extroverts (e.g. they desire to spend more time with others rather than by themselves). Extraversion continues to be a widely used construct and has been used in several assessments and the Myers-Briggs Type Indicator (Myers & McCaulley, 1985).

2.2. Agreeableness

Factor II, or Agreeableness, refers to the quality of one's interpersonal relationships. Examples of quality include warmth, empathy, cooperation with others, and trust in others. It has also been described as being agreeable and participative; and contributing to interdependence and cohesion in a work group. Individuals who are typically perceived by their peers as being good team members, easy to get along with, and focus towards group harmony tend to score high on Agreeableness. In contrast, individuals who score lower on Agreeableness are more likely to be perceived as being argumentative, critical, and difficult to get along with in group settings.

2.3. Conscientiousness

Conscientiousness, or Factor III, includes goal-directed behaviors (e.g. efficacy) and impulse control. Loyalty, dedication, and reliability are also characteristics of conscientious individuals. Barrick, Mount, and Judge (2001) stated that Conscientiousness has been one of the most widely studied traits of the Five Factor Model, especially as it relates to performance outcome. This is due to its direct linkages to task completion and performance-related behaviors.

2.4. Neuroticism/Emotional Stability

Factor IV of the Big Five is Neuroticism and is often referred to by its inverse, Emotional Stability. This factor focuses primarily on adjustment or lack of adjustment in normal populations. In other words, it refers to one's tendency to face difficulty and stress with calmness, resolve, and security. Lounsbury and Gibson (2004) described high scorers on this scale as emotionally stable, secure, and resilient. Emotional Stability also includes behavioral and emotional traits that are negative. Therefore, persons who score low on this scale experience emotional and behavioral difficulty in stressful situations (e.g. emotionality, frustration, distress, anxiety and aggression).

2.5. Openness to Experience

The fifth and final factor, Openness to Experience, has sometimes been described as being the most controversial of the five. This factor is intended to include different aspects of intelligence, creativity, culture, and openness to change, new tasks, and novel experiences. Low scorers on Openness have a tendency to not try new things, and will easily follow conventional ways of acting or approaching a situation. The opposite is true for high scorers.

2.6. Life Satisfaction

Life satisfaction is sometimes referred to as the "ultimate motivator" for human behavior (Kwan, Bond, & Singelis, 1997). It is a person's assessment of his or her satisfaction with various aspects of their existence throughout their lifetime (DeNeve & Cooper, 1998). There are twelve domains that contribute to life satisfaction. These include finances, health, family relations, friendships, paid employment, housing, recreational activity, living partner, religion, transportation, self-esteem, and education. As a result of the continuous attention given to life satisfaction across the past few decades, a number of predictors of this construct have been identified. It can be concluded that because life satisfaction is integrative across numerous activities, culture plays a valuable role in the factors that contribute to it. However, there is scant cross-cultural evidence on the construct life satisfaction. A few studies have created the possibility for cross-cultural comparisons of factors that influence life satisfaction (e.g. self-esteem). By examining life satisfaction from the cross-cultural perspective researchers identified the effect of relationship harmony, self-esteem, and two self-construals, independent and interdependent, with personality factors on life satisfaction. Self-construals are thought to be determinants of thoughts, feelings, and actions and can affect how independent individuals are as well as how well they can interact with others. Few authors found that the two self-construals and the five factors of personality are correlated to life satisfaction, with self-esteem and relationship harmony acting as mediating variables (Kwan 2001).

2.7. Life Satisfaction and Personality/Big Five Factors

Research on variables related to personality and life satisfaction include important work by Lounsbury, Tatum, Chambers, Owens, and Gibson (1999). These authors added variable-career decidedness. Specifically, they examined the effect of career decidedness in college students on the Big Five factors of personality as well as the relationship between career-

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decidedness and life satisfaction. Lounsbury (2000) found a significant relationship between career-decidedness and three personality constructs- Agreeableness, Conscientiousness, and Neuroticism- the latter having a negative correlation. These authors also found that higher levels of career-decidedness were associated with higher levels of life satisfaction.

Boland and Cappaliez (2004) examined the Big Five factor Neuroticism and several other factors as predictors of life satisfaction. Higher Neuroticism scores were found to predict lower levels of life satisfaction. Other predictors included income, social support, health, stress, and optimism. For example, higher scores on social support, daily stress, optimism, and health predicted greater life satisfaction.

3. OBJECTIVES

1. To study the personality traits of NCC female students in Tiruchirappalli
2. To identify the inter-relationship between the dimensions of personality traits
3. To examine the relationship between personality traits and life satisfaction of female NCC students in Tiruchirappalli.

4. METHODOLOGY

The population of the study consists of female NCC candidates participated in the Annual training camp. In the annual training camp 212, students participated in Tiruchirappallu. The survey instrument, questionnaire was distributed all the students, out of which 210 were returned and 208 were at usable state. Thus the sample size for the study is 208 and convenient sampling technique will be appropriate for the study.

The survey instrument consists of two main parts. The first part consists of dimensions related to Big five inventory to measure the personality traits of the selected female NCC students. It consists of 50 individual statements to measure extra extraversion (ten statements), agreeableness (ten statements), conscientiousness (ten statements), neuroticism (ten statements), and openness to experience (ten statements). The items are rated on a 5-point scale ranging from disagree strongly (1) to agree strongly (5).

The second part of the questionnaire consists of statements related to satisfaction with life scale, adopted from Diener 1985. This scale was used to assess global life satisfaction. This scale consists of five individual statements. The statements is rated on five point scale ranging from strongly disagree to strongly agree.

5. RESULT

5.1. Inter- Correlation

	1	2	3	4	5
Life satisfaction	-				
Extraversion	.293*	-			
Conscientiousness	.242*	.184*			
Agreeableness	.227*	.108	.242*		
Neuroticism	-.455*	-.231*	-.294*	-.467*	
Openness	.071	.338*	.300*	.105	-.027
Alpha	.840	.691	.773	.705	.810

The above table shows the relationship between the dimensions life satisfaction, Extraversion, Conscientiousness, Agreeableness, Neuroticism and Openness to experience. The dimension life satisfaction is found to be correlated with all the dimensions of personality traits and significant except the dimension openness to experience. The alpha value is found to be above required cut off criteria 070

5.2. Big Five personality traits predicting life satisfaction

	B	T-value	df	f	R ²	R ² Adjusted
Extraversion	.197	3.146*	5,226	15.35 (.000)	.301	.307
Conscientiousness	.104	1.651				
Agreeableness	.011	.180				
Neuroticism	-.374	-5.473**				
Openness	-.044	-.045				

5.3. Dependent Variable: Life satisfaction

To examine the cause and affect between life satisfaction and personality traits of NCC female students multiple regression analysis is done. The life satisfaction of female students of NCC is considered as dependent variable and the five personality traits are considered as the predictors of life satisfaction of NCC female students. The personality traits predicts life satisfaction 30.1% based on the R squared value. The regression ANOVA table shows the significant, which is the appropriateness for multiple regression, and ensure there is significant relationship between life satisfaction and personality traits. Extraversion and neuroticism significantly predicted life satisfaction. Interestingly, agreeableness and conscientiousness, which had been found in correlation analysis to be significantly correlated with life satisfaction, did not emerge as significant predictors in the regression analysis.

6. DISCUSSION

The study is unique in such way that it examines the relationship between personality traits and life satisfaction of NCC female students in Tiruchirappalli, Tamilnadu. Results of bivariate correlation analysis showed that four of the Big Five traits (extraversion, neuroticism, agreeableness and conscientiousness) were significantly correlated with life satisfaction. As expected, openness to new experiences was not correlated with life satisfaction. Regression analysis results showed that when all five personality traits were entered as potential predictors of life satisfaction, only extraversion and neuroticism could significantly predict life satisfaction. The study result shows that an individual who scores high on Extraversion is sociable, fun-loving, affectionate, friendly, and talkative. An individual who scores high on Neuroticism is prone to experiencing negative emotions and tends to be insecure and self-conscious.

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